



K A N S A S

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Emergency Readiness for Persons with Disabilities

Establish a personal support network

The best way to prepare is to establish a personal support network. This network is made up of people who will check with you in an emergency to make sure you're safe and provide help if needed. A personal support network can consist of friends, roommates, immediate family members, relatives, health workers, co-workers and neighbors.

You and your personal support network should notify each other when you are going out of town and when you will return, and learn about each other's needs and how to help each other in an emergency. Each person could be responsible for a certain task, such as preparing food supplies, organizing neighborhood watch meetings, and other things.

Emergency Supplies

You should have emergency supplies packed and ready in one place before disaster hits. There should be enough of these supplies to last for at least three days.

- ❑ Include any medical and supplies you might need, such as prescription medicines (check expiration dates), spare hearing aid batteries, etc. You should also keep up-to-date prescription forms signed by your doctor in case you need to go to a different pharmacy.
- ❑ Store your supplies in an easy-to-carry container, such as a backpack or duffel bag. Be sure your bag has a tag with your name on it, in case you stay at an emergency shelter where many other people will also have bags.
- ❑ Label items that are too large to put into the backpack or duffel bag with your name. This includes wheelchairs, canes or walkers, if you use any of these items.

Traveling

When staying at hotels and motels, identify yourself at the front desk as a person who will need assistance in an emergency, and state the type of assistance you might need.

Health card

An emergency health information card communicates to rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to quickly help evacuate you.

- ❑ An emergency health information card should contain information about medications, equipment you use, allergies and sensitivities, communication difficulties you may have, preferred treatment, medical providers and important contact people.
- ❑ Make multiple copies of this card to keep in emergency supply kits, car, work, wallet (behind driver's license or primary identification card), wheelchair pack, etc.

Neighbors helping neighbors

Working with neighbors in an emergency can save lives and property. Meet with your neighbors to plan how you could work together until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce emergency preparedness as a new activity.

Know your neighbors' special skills and needs, and consider how you could help them. If your city has a Community Emergency Response Team (CERT), advise them of your special needs by contacting your local fire department.